

Letter to Lifeguarding Instructor Candidates

Date: April 15, 2026

Dear Lifeguarding Instructor Candidate:

I am pleased to include you in our upcoming American Red Cross Lifeguarding Instructor course.

Please plan to arrive at Camp Pigott on Thursday evening, Dinner will be provided at 6pm for those on site. In addition meals will be provided on Friday (B, L, D) and Saturday (B, L) and for those attending NCS we will transition over once we have completed the LGI Training. Housing will also be provided as part of the course fee. The fee for the course is \$300.

This instructor course begins with the American Red Cross Lifeguarding Instructor course online session, which you must complete before attending the first in-person session. You should have received an email from the American Red Cross with instructions for accessing and completing the online session. To get started, log in to the Red Cross Learning Center and click on the class on your home page. The online course content is designed to be completed in approximately 2 hours. **Please plan to complete the Lifeguarding Instructor course online session prior to attending the first in-person session.**

The total instruction time for the Lifeguarding Instructor course in-person sessions is 16 hours (excluding meal and rest breaks).

The first in-person session of the Lifeguarding Instructor course is a precourse session, during which you will be required to complete a prerequisite skill assessment scenario and a skill practice and polish session.

You must successfully complete the **prerequisite skill assessment scenario** in order to continue in the Lifeguarding Instructor course. The prerequisite skill assessment scenario evaluates the following skills:

- Entry
- Swimming approach
- Surface dive in deep water (7 to 10 feet)
- Passive submerged rescue
- Rapid extrication (with an assisting rescuer)
- Rapid assessment
- Single-rescuer CPR (3 minutes)

During the **skill practice and polish session**, you will practice and demonstrate instructor-level proficiency in selected skills and one scenario. This means you should be able to perform the skills at the standard (or correct quickly to the standard with minimal remediation) during the skill practice and polish. Prior to attending the precourse session, you should prepare for the skill practice and polish by reviewing the appropriate videos, skill sheets and Skill Chart and Skill Assessment Tools from the basic level Lifeguarding program (r. 24). During the skill practice and polish you will practice and demonstrate proficiency in the following skills:

- Entries and approaches
- Active rescues at the surface
- Passive rescues at the surface
- Passive submerged rescues in shallow, moderate-depth and deep water
- Feet-first and head-first surface dives in deep water
- Rapid extrication using a backboard
- Two-rescuer CPR (adult) with AED
- Spinal motion restriction and extrication in shallow water
- Multiple-Rescuer Team Response Scenario 3—Adult Passive Submerged

Additionally, during the precourse session, you will be required to provide proof that you meet the training prerequisites. Please bring the following to the precourse session:

-Proof of age and identity. Acceptable forms of identification include a driver's license, state identification card, passport, or birth certificate. If a birth certificate is used to provide proof of age, an additional form of identification with a photo is also needed to provide proof of identity.

-Proof of certification. Current certification in American Red Cross Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid is required.

-Required Lifeguarding course materials. Instructor candidates are required to bring the following materials that support the r. 24 Lifeguarding program to each in-person session of the Lifeguarding Instructor course: A print copy of the *Lifeguarding Instructor's Manual*, which contains the Lifeguarding Instructor Candidate Workbook.

-Access to the Lifeguarding Course Presentation for Instructor-Led Training and/or the videos that support the Lifeguarding course (on the Lifeguarding DVD set or downloaded from the Red Cross Learning Center).

-A print or digital copy of the *Lifeguarding Manual*.

To access course materials, go to the Red Cross Learning Center (redcrosslearningcenter.org) and navigate to **Instructor Lifecycle > Instructor Candidate Resources > Lifeguarding**. You may also purchase printed materials and the DVD set from the Red Cross Store (redcross.org/store) via the link to the store on the Home Page of the Red Cross Learning Center.

During the in-person sessions of the Lifeguarding Instructor course, you will be expected to teach elements of the basic-level Lifeguarding program to your peers. Small group and reciprocal practice teaching activities and practice teaching assignments give you the opportunity to develop your teaching skills and familiarize yourself with using the program materials to deliver the course content. After you complete each practice teaching assignment, the instructor trainer will facilitate a feedback session that includes self-evaluation, peer evaluation and instructor trainer evaluation. The Lifeguarding Instructor Candidate Workbook (Section I of your *Lifeguarding Instructor's Manual*) contains information to help you prepare for the in-person sessions of the Lifeguarding Instructor course.

To successfully complete the course and receive certification, you must:

- Successfully complete the Lifeguarding Instructor course online session.
- Successfully complete the prerequisite skill assessment scenario.

- Successfully complete the skill practice and polish session, demonstrating skills to the standard.
- Attend the entire course and participate in all in-person sessions.
- Actively participate in all course activities, including the small group and reciprocal practice teaching activities.
- Successfully complete both practice teaching assignments. Practice Teaching Assignment I
- Practice Teaching Assignment II
- Demonstrate instructor-level skill competency in all skills. This means being able to demonstrate all of the skill steps as they are written, in the correct order, and in accordance with the proficiency criteria to meet the objectives of the skill.
- Pass the written final exam with a minimum score of 80 percent.

Upon successful completion of the course, you will receive an American Red Cross Lifeguarding Instructor certification, which is valid for 2 years.

Please be aware that the in-person sessions of the Lifeguarding Instructor course involve strenuous physical activity. If you have any concerns about your ability to participate fully in class (for example, because of a medical condition or disability), please contact me before the first in-person session to discuss possible accommodations. You may also wish to speak with a healthcare professional before the first in-person session.

Finally, please come to each in-person session prepared to participate in activities in the classroom, on the pool deck and in the water. Please bring:

- A swimsuit that allows for good range of motion and that will stay secure and keep you covered during physical activity.
- A towel.
- Comfortable clothing for classroom activities.
- An extra swimsuit and a change of dry clothes (optional).
- An extra layer (such as a sweatshirt and sweatpants, optional).

If you have any questions, please contact me directly at: brad.hatch42@gmail.com

Sincerely,

Brad Hatch, American Red Cross Instructor Trainer